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## MINISTERUL SĂNĂȚII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

#### MENIU SAPTAMANAL 01.05.2026-07.05.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+cascaval 100g	Ceai+paine+salam porc 100g+branza 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+oua jumari branza cas 130g+parizer 50g	Ceai+paine+sunca presata 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 50g+muschi file 50g+cascaval 100g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+muschi file 100g+branza cas 50g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+crenvrus 100g+cascaval 100g	Paine+ceai+omleta branza cas 130g+salam pasare 50g	Ceai+paine+sunca presata 100g+branza cas 50g
SUPLIMENT 10:00	Paine+branza 100g	Paine+cascaval 100g	Paine+carne pasare cuptor 80g-100g	Paine+sunca presata 100g	Paine+salam porc 100g	Paine+branza topita 35g	Paine+ parizer 100g
DIABET 10:00	Branza 100g	Cascaval 100g	Carne pasare cuptor 80g- 100g	Sunca presata 100g	Salam porc 100g	Branza topita 35g	Parizer 100g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+70g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Piure cartofi aripi pui 150g+60g+castraveti 100g	Varza a la Cluj conserva pasare 300g	Piure cartofi pulpa porc 150g+80g+gogosari 100g	Mancare mazare cu carnati 250g+70g	Mancare dovlecei aripi pui 250g+60g	Iahnie fasole carnati 360g+70g+gogosari 100g	Varza calita cu carnati 200g+70g
	Napolitane 50g	Chec 50g	Napolitane 50g	Prajitura 50g	Banane 160g-220g	Eugenia 20g	Napolitane 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba pasare dreasa 300g+80g-100g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Piure cartofi aripi pui 150g+60g	Varza alba morcovi conserva pasare 300g	Piure cartofi piept pui 150g+90g	Sote legume carne pasare 250g+80g-100g	Sote dovlecei aripi pui 250g+60g	Piure cartofi aripi pui 150g+60g	Varza alba morcovi carne pasare 200g+80g-100g
	Napolitane 50g	Chec 50g	Napolitane 50g	Prajitura 50g	Banane 160g-220g	Eugenia 20g	Napolitane 50g
DIABET 16:00	Iaurt 125g	Sana 330ml	Iaurt 125g	Mar 160g-220g	Iaurt 125g	Sana 330ml	Banane 160g-220g
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Pilaf orez cu ficatei 200g+60g	Mancare fasole verde carne pasare 250g+80g- 100g	Musaca cartofi carne porc 300g	Paste in sos conserva pasare 300g	Tocana legume carne pasare 250g+80g-100g	Piure cartofi carne pasare 150g+80g-100g
	Mar 160g+corn 45g	Compot struguri 300g	Biscuiti crema 65g	Corn 45g+sana 330ml	Iaurt 125g+corn 45g	Rulada 50g	Eugenia 20g+Iaurt 125g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Pilaf orez cu ficatei 200g+60g	Sote fasole verde carne pasare 250g+80g-100g	Musaca cartofi piept pui 300g	Paste cu conserva pasare 300g	Sote legume carne pasare 250g+80g-100g	Piure cartofi carne pasare 150g+80g-100g
	Mar 160g-220g+corn 45g	Compot struguri 300g	Biscuiti crema 65g	Corn 45g+sana 330ml	Iaurt 125g+corn 45g	Rulada 50g	Eugenia 20g+Iaurt 125g

Alimentele, produsele alimentare si preparatele culinare contin alergeni: gluten, lactoza, ou, telina, soia, nuci, alune, lapte

Unitatea asigura diete special adaptate convingerilor proprii sau spirituale

Presedinte comisie meniuri,  
Dr. Marica Sorina

Asistent nutritie si dieteca,  
Micu Florentina